



## Bean and Rice Burrito

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Brown rice, raw	3.25	2 quarts
Olive oil		3 Tbsp
Onion, diced		1 quart
Garlic, minced		1/4 cup

	Tomatoes, crushed	1 quart
Chili powder		3 Tbsp
Cumin		4 tsp
Kidney beans, cooked	No. 10 can (115 oz)	12.5 cups
Cheese, shredded jack and cheddar	2 lbs	2 quarts
Scallions, sliced		1 quart
Whole grain tortillas	6.25 lbs	50

## Directions

1. Cook rice in advance.
2. Heat olive oil in pot, add diced onions and saute until transparent.
3. Add garlic and spices and saute untill they release their amoma, then add the rice and saute until it is coated with the oil and spices.
4. Add crushed tomatoes and water and bring up to a simmer. Cover and cook for 35 to 45 minutes or until rice is

tender.

5. Cool completely (for large batch production, this can be done in a tilt skillet).

6. In a large bowl, mix the seasoned rice, kidney beans, shredded cheeses and sliced scallions.

7. Divide equally between the six tortillas. Place mixture in center of tortilla, fold in sides and roll up placing the seam side down on a parchment lined baking pan.

8. Bake at 350 until internal temperature reaches 165 degrees.

9. Slice in half to serve.

## Notes

Serving Tips:

Seasoned rice and kidney beans with Monterey jack and cheddar cheeses, rolled up in a flour tortilla and served warm and melty.

**Source:** Holy Cross Academy (Recipes for Healthy Kids Challenge)